Martial Arts for Kids: Never Too Young to Start by Paul Halme

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When I was a boy I always loved spending time with my grandparents, they were amazing people from an older school of thought. As soon as my grandfather would see me coming he would throw out his arms for a hug. Immediately after that heâ€™d throw up his fists.

It might seem strange to a lot of people, fighting your grandfather before being allowed into his house, but it wasnâ€™t an act of aggression or malice. The old man simply wanted to see how my skills were progressing. He boxed his granddaughters too.

He believed it was never too early to start a childâ€™s instruction in the martial arts. There are so many benefits of this sort of training and discipline. It has been shown to improve behavior, academic performance, social development, and physical development of children. But most importantly, it greatly improves their chances of survival and safety in any unfortunate situation that might arise.

Martial arts training requires a full body aerobic and anaerobic workout which helps children release excess energy and keep their brain chemistry balanced. Over-diagnosed conditions like ADHD are often not the horrible debilitating congenital defects that slothful school administrators and well dressed pill pushers often claim that they are. In many studies performed on children diagnosed with ADHD it was found that making improvements in childâ€™s diet and adding activities like Jiu-Jitsu or other martial arts training is often more effective than medications. And it is so much healthier.

One of the big problems a lot of modern kids have is a lack of physical activity; no one goes to the park to play ball anymore, they play at home on the game console. If a child is bored there is no need to imagine an activity or move around to find one, they can simply switch on the television. This has lead to an ever growing trend of childhood obesity, childhood diabetes and behavioral problems manifesting themselves at school. A few hours a day, a couple days a week, is all it takes to start reversing these negative behavior patterns that so many children are developing and often maintain until later in life. By starting physical fitness and martial arts education early you teach children the value and joy of these activities at a time in their lives when the lesson is most likely to be taken to heart.

The ancient Greeks taught that a healthy mind inhabited a healthy body, but they didnâ€™t really need to do that. Itâ€™s kind of obvious. By maintaining a routine of regular exercise such as martial arts training a childâ€™s body and mind develop in a healthy way, as they would in a more natural setting. The child also learns to maintain long term focus in order to achieve goals, a very valuable and often overlooked life skill that will help them excel to the very best of their abilities in school.

By finding a safe and reliable school like Peak Performance Martial Arts in Keller, Texas, will you can give your child the fitness and focus to succeed in school and life while also helping ensure their safety by allowing them to study an ancient combative art such as Jiu-Jitsu.

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